

PHYSICAL & HEALTH EDUCATION, YOGA

MONTH	ACTIVITY	REMARKS
April' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Preparation for KVS RSM 2023 (Individual & Team) – (Game periods) - Repairing of Play Ground, Construction of Drain to release the rain water from the ground. Procurement of equipment. 	Separate list attached. Annexure- I & II
May & June' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Preparation for Yoga day. - International Day of Yoga will be conducted on 21st June' 2023. 	
July' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Inter House matches- Chess, Kho-Kho, Kabaddi, Handball, Basketball , Cricket. - Selection of Individual/ Team to participate in the Cluster/ Regional Sports Meet. Practice in morning session for KVS RSM 2023. 	Inter House matches to be conducted from 3 rd July to 11 th July' 2023.
August' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Participation in the Cluster/ Regional Sports Meet. - Conduct of the Cluster/ Regional Sports Meet if detailed to our KV. - Celebration of Independence Day on 15th Aug'2023. - National Sports Day celebration , Sports related cultural programmes. 	
September' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Participation in the KVS National Sports Meet' 2023. - 1st phase of Heath Check Up of Students & Staff members. 	
October' 2023	<ul style="list-style-type: none"> - Regular practice of Games & Sports, Yoga as per syllabus. - Participation in the KVS National Sports Meet' 2023. - Athletics events will be conducted for all classes. - Selection of primary students for the Mini Sports 	

	Meet' 2023. - Fit India Plug Run& Fit India Freedom Run. - Run for Unity.	
November' 2023	- Regular practice of Games & Sports, Yoga as per syllabus. - Mini Sports Meet' 2023. - Fit India Sports Week. - Fit India Sports Quiz - Excursion cum Study tour for all Classes.	
December' 2023	- Regular practice of Games & Sports, Yoga as per syllabus. - Conduct of Annual Sports Meet and distribution of Prizes & Certificates.	
January & February' 2024	- Regular practice of Games & Sports, Yoga as per syllabus. - 2 nd phase of Heath Check Up of Students & Staff members. - Republic Day celebration.	

Annexure-I

List of Items are to be Procured for the regular practice & participation.

Sl. No.	Name of Item	Quantity required	Approximate Rate (Rs.)	Remarks
1	KHO KHO POLE	04	10000	To be purchased in April 23
2	VOLLYBALL NET	4	500	Do
3	VOLLY BALL POLE	4	1000	Do
4	BADMINTON POLE	4	1000	Do
5	BADMINTON NET	2	500	
6	FOOTBALL GOALPOST	2	5000	
7	CRICKET BAT	4	4000	
8	WICKETS	6	500	
9	LEZIM (WOODEN)	40	1200	

Annexure-II

Development of Play Ground & other things.

1	Refilling of Good Soil & Sand, Rolling & Leveling of Play
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	Ground.
2	Construction of Drain to release the Rain water from the ground.